

Hot Cocoa Bombs

This recipe makes about 5 cups



Ingredients

- 3 tsp** Dutch-processed cocoa powder
- 1 cup** of dark chocolate chips
- 3 ¾ cups** milk
- 2 tsp** of stevia (optional)
- 1 cup** mini marshmallows

Directions

1. Place the Dutch processed cocoa, chocolate chips, and $\frac{3}{4}$ cup of milk in a saucepan
2. Stir and cook over medium heat until all of the chocolate is melted.
3. Add 3 cups of milk to the melted chocolate and continue to heat and stir until heated through
4. Pour the hot chocolate into silicone molds that are about $\frac{1}{2}$ cup portions and top with marshmallows
5. Freeze portions until solid
6. Add parchment paper to your trays
7. Remove frozen portions from your silicone molds and place them on the parchment paper

OR

8. Pour the hot chocolate into your parchment-lined trays
9. Add tray dividers set to 10 portions
10. Top with marshmallows
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 29 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 silicone mold portions OR 2 divider portions to a coffee cup and add 1 cup of hot water. Stir and enjoy.

Notes: You could add a few drops of peppermint flavoring. You can also use plant-based milk. I recommend oat milk for a creamier texture.

Nutritional Value Per 1 cup serving

Calories: 326 Protein: 7 g Fat: 24 g Carbohydrates: 38 g Sugar: 28 g Fiber: 4 g